



Du Quoin CUSD 300 *Working Together for All Students*

Du Quoin CUSD 300 School Wellness Policy

Objective: Promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

A wellness policy helps create a healthy school environment. Our wellness policy includes four important components:

- Wellness Committee
- Nutrition Education
- Nutrition Promotion
- Physical Activity

Public Involvement

Du Quoin CUSD 300 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Du Quoin CUSD 300 shall invite stakeholders within the general public to participate in Local Wellness Policy processes. The District website will be utilized to notify the general public of the opportunity to participate in these processes.

Du Quoin CUSD 300 will ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Therefore, the District encourages the general public to be a part of the Wellness Policy Committee. Examples of the general public include parents, students, healthcare professionals, local farmers, and community leaders. The District also encourages participation by members of the

school community, including teachers, food service professionals, administrators, health professionals, and school board members. Responsibilities of Wellness Policy Committee members may include policy development, implementation, and review.

- The Wellness Committee can be contacted through the District office at 618-542-3856.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. As a result, Du Quoin CUSD 300 shall conduct assessments of the Local Wellness Policy every three years. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Du Quoin CUSD 300 wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the District's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Du Quoin CUSD 300. The District shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The District website will be utilized to notify the general public of the wellness policy updates
- Board of Education Policy Readings
- Board of Education Public Meetings

Local Wellness Policy Report

Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010. Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership:

Matthew Hickam - Superintendent / mhickam@duquoinschools.org

Diana Rea - District Curriculum Director / drea@duquoinschools.org

Cory Robbins - District Business Manager / crobbins@duquoinschools.org

Wellness Policy Committee Members:

District Nurse

Food Services Director

District Leadership Team Representatives

Perry County Health Department Representative

Perry County Counseling Representative

Wellness Policy Committee Responsibilities

Public Involvement:

Du Quoin CUSD 300 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Du Quoin CUSD 300 shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The District website will be utilized to notify the general public of the opportunity to participate in these processes.

Du Quoin CUSD 300 will ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Therefore, Du Quoin CUSD 300 encourages the general public to be a part of the Wellness Policy Committee. Examples of the general public include parents, students, healthcare professionals, local farmers, and community leaders. Du Quoin CUSD 300 also encourages participation by members of the school community, including teachers, food service professionals, administrators, health professionals, and school board members. Responsibilities of Wellness Policy Committee members may include policy development, implementation, and review.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Du Quoin CUSD 300 shall conduct assessments of the Local Wellness Policy every three years, beginning in the 2021-2022 school year and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Du Quoin CUSD 300 wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the Du Quoin CUSD 300 wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Du Quoin CUSD 300. Du Quoin CUSD 300 shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The District website will be utilized to notify the general public of the wellness policy updates
- Board of Education Policy Readings
- Board of Education Public Meetings

Records

Du Quoin CUSD 300 shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

Du Quoin CUSD 300 recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior. According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, Du Quoin CUSD 300 commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Nutrition Education

In accordance with the Illinois Learning Standards, Du Quoin CUSD 300 shall meet all Illinois requirements and standards for Health Education. Du Quoin CUSD 300 shall include nutrition

education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. Elementary grade levels participate in Ag in the Classroom program, in partnership with the University of Illinois Extension, which covers healthy food along with farm-to-table content.

The District shall make cafeteria menus and nutrition information available through the district website.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Du Quoin CUSD 300 recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, Du Quoin CUSD 300 shall meet all Illinois requirements and standards for Physical Education. Du Quoin CUSD 300 shall offer Physical Education class as follows:

- Elementary
 - Students learn, develop, and apply skills needed for participation in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: fundamental gross motor skills, movement and spatial awareness, as well as health and fitness.
 - Grades K through 4 - 135 minutes per week

- Middle school
 - Physical Education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health.
 - 5th, 6th, 7th, and 8th Grade Physical Education 27 weeks / Health 9 weeks. Both are Required - 200+ minutes per week

- High school grades 9 through 12

- All students are required to participate in grade level Physical Education/Health.
 - o Grade 9, 11 and 12 PE - 200+ minutes per week
 - o Grade 10 PE - 18 weeks / Health 18 weeks - 200+ minutes per week

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- o Elementary school recess - minimum of 30 minutes per day
- o Middle school recess - minimum of 20 minutes per day
- o Movement breaks - as needed
- o Transitions between class for all students

The following opportunities for participation in school-based sports shall be offered to students each year:

- Middle school - Baseball, Softball, Volleyball, Cross Country, Basketball, Track & Field
- High school - Baseball, Softball, Basketball, Cross Country, Football, Golf, Girls' Soccer, Track and Field, Volleyball, Competitive Cheerleading, Competitive Dance

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Elementary schools
 - Activities vary year-to-year and may include: Kids Heart Challenge, Ag in the Classroom program
- Middle school / High school
 - Activities vary by building and may include: Relay for Life, American Heart Challenge

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Du Quoin CUSD 300 wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, Du Quoin CUSD 300 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The District currently operates an afterschool program through a 21st Century grant. Through this program, on Monday through Thursday each week, students in grades K-5 participate in recreation activities. In addition, students in grades K-2 participate in fitness activities through a partnership with the University of Illinois Extension office.

2021-2022 Local School Wellness Triannual Progress Assessment

Tri-Annually, the District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year. This report will include, but is not limited to:

- An assessment on the implementation of the local school wellness policy;
- A description of the progress made in attaining the goals of the district's wellness policy.

The Du Quoin CUSD 300 wellness policy is available at:

<https://www.duquoinschools.org/documents/district/district-policies/26227>

With the policy and procedure update, the wellness committee completed the triannual review to make any relevant updates to our plan consistent with changes in the policy, procedure and current practice. This is an assessment of the implementation of the local school wellness policy including the extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.

School Wellness Committee – Du Quoin CUSD 300 has a wellness committee comprised of each of the following:

- District Administrators
- Building Administrators
- Healthcare Professionals
- District Food Service Representatives
- Parent/Guardians
- Physical Education Teachers
- Health Education Teachers

School Wellness Committee Mission Statement - To promote student wellness, including good nutrition and physical activity in the District's educational programs, school-based activities and meal programs through the collaborative efforts of the classroom, school, district and community.

Nutrition Standards – Schools within Du Quoin CUSD 300 provide meals for students that meet meal pattern requirements for the National School Lunch and Breakfast Program. All foods and beverages sold to students on campus during the school day meet the USDA Smart Snack standards.

Du Quoin CUSD 300 takes food allergies very seriously and implements necessary precautions to keep our cafeterias and kitchens safe for your children. As such, we do not purchase any

foods that contain any type of nuts or tree nuts. All of our school kitchens are free of any type of nuts to eliminate the possibility of cross contamination. Not all manufacturers we contract with will state they have nut-free facilities, but they are required to label foods with nutritional information and ingredients. None of the ingredients in the manufacturers' facility lists include any nuts nor say made or processed in a plant that contains nuts. The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program and School Breakfast Program, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their allergy and special dietary needs, when that need is certified by a licensed physician.

Students with allergies or special dietary needs are required to have a signed physician's form filed with the District. Each special dietary request must be supported by a statement, which explains the food substitution that is requested. It must be signed by a recognized medical authority. The medical statement must include:

- an identification of the medical or other special dietary condition which restricts the child's diet;
- the food or foods to be omitted from the child's diet; and
- the food or choice of foods to be substituted.

School food service staff will work closely with the support personnel who are familiar with the needs of the child. The child's parents or guardians, teachers, occupational and physical therapists, special education staff, and the school nurse are valuable resources.

Schools may not charge children with disabilities or with certified special dietary needs who require food substitutions or modifications more than they charge other children for program meals or snacks.

Physical Education Elementary - Students learn, develop, and apply skills needed for participation in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: Fundamental gross motor skills, Movement and spatial awareness. Health and fitness.

- Grades K through 4 - 135 minutes per week of Physical Education

Middle school - Physical Education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health.

- 5th, 6th, 7th, and 8th Grade Physical Education 27 weeks / Health 9 weeks. Both are required - 200+ minutes per week

High school grades 9 through 12 - All students are required to participate in grade level Physical Education/Health.

- Grade 9, 11 and 12 PE - 200+ minutes per week
- Grade 10 PE - 18 weeks / Health 18 weeks - 200+ minutes per week

Other Opportunities for Physical Activity

Opportunities for students to be active during the school day include

- Elementary school recess - minimum of 30 minutes per day during lunch/recess time
- Movement breaks are provided at all levels as needed
- Middle school recess - minimum of 20 minutes per day during lunch/recess time
- Transitions between class for all students
- School-based sports teams
 - Middle school - Baseball, Softball, Volleyball, Cross Country, Basketball, and Track & Field
 - High school - Baseball, Basketball, Cross Country, Football, Golf, Girls' Soccer, Track and Field, Volleyball, Competitive Cheerleading, Competitive Dance, and Softball

Physical Activity Promotions

Elementary schools - Activities vary by building and may include: ~~Jump Rope for Heart~~, Kids Heart Challenge

Middle school / high schools - Activities vary by building and may include: Relay for Life, American Heart Challenge

A description of the progress made in attaining the goals of the district's wellness policy.

Progress towards the wellness policy goals:

- School Health and Safety Policies and Environment
 - No current goals
- Health Education
 - No current goals
- Nutrition services
 - Provide online menus that give families access to nutrition information to assist in meal planning
- Health Services
 - Health services expanded in partnership with Perry County Health Department
 - Mental health services expanded in partnership with Perry County Counseling Center
- Family and community Involvement
 - Student and family involvement is evident in the school meal program and other foods and beverages sold, served, and offered on school campus. Students have requested input in school meals offered on campus. Our goal is to conduct a student survey about meals provided on campus triannually.

Progress towards the wellness policy goals

- ❖ School Health and Safety Policies and Environment Representative school health committee or team
 - Fully in place
- ❖ Local wellness policy
 - Fully in place
- ❖ Recess

- Fully in place
- ❖ Access to free drinking water
 - Fully in place
- ❖ All foods sold during the school day meet the USDA's Smart Snack in Schools nutrition standard
 - In progress
- ❖ All beverages sold during the school day meet the USDA's Smart Snack in Schools nutrition standard
 - Not currently in place
- ❖ All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in school nutrition standards
 - Not in place
- ❖ Health education taught in all grades
 - Fully in place
- ❖ Required health education course
 - Fully in place
- ❖ Essential topics on physical activity
 - Fully in place
- ❖ Essential topics on healthy eating
 - Fully in place
- ❖ Sequential health education curriculum consistent with standards
 - Fully in place
- ❖ Minutes of physical education
 - Fully in place
- ❖ Health-related fitness
 - Fully in place
- ❖ Health services expanded through partnerships with Perry County Health Department
 - In progress
- ❖ Mental health services expanded through partnership with Perry County Counseling Center
 - In progress
- ❖ Promote community physical activities
 - Fully in place
- ❖ Address special health care needs
 - Fully in place
- ❖ Availability of physical activity breaks in classrooms
 - Partially in place
- ❖ Students active at least 50% of class time (PE classes)
 - Fully in place
- ❖ Licensed physical education teachers
 - Fully in place
- ❖ Breakfast and lunch programs
 - Fully in place
- ❖ Annual continuing education and training requirements for school nutrition services staff

- Fully in place
- ❖ Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus
 - Under development

Resource webpage:

<https://www.ipSD.org/Subpage.aspx/WellnessPolicy>